



POST GUM THERAPY

NUMBING

- Different areas of your mouth may have been numbed at your appointment.
- The numbness lasts anywhere from 2-5 hours.
 - If numbness lasts longer than 5 hours, please contact our office.

PAIN

- It is normal for your gums to be tender, swollen, sore to the touch after the numbness wears off.
- The tenderness can last up to 7 days but should get better with time.
- Take Ibuprofen or Tylenol as needed for the pain.
 - Follow the instructions on the medicine label for Ibuprofen or Tylenol dosage.
- Teeth can become sensitive to cold, heat, and sweets after the treatment.
 - Clinpro toothpaste can be used to relieve the sensitivity.

DIET

- To prevent gum discomfort eat soft foods.
- Avoid foods hot in temperature, spicy, and foods that are crunchy.

SMOKING

- Avoid smoking after your gum therapy as that can irritate your gums.

ANTIBIOTICS PLACED IN GUMS

- The antibiotic is yellow in color, so it is normal if you see a yellowish tint on your gums and teeth.
- Do not floss for 7 days after the antibiotic is placed.
- Do not use a WaterPik for 7 days after the antibiotic is placed.

ORAL HYGIENE

- It is important to create good home care habits after your gum therapy.
 - A good home care routine should be discussed with your hygienist.
- Keeping teeth plaque free will improve healing and prevent future infections.

SONICARE TOOTHBRUSH

- Brush 2 times a day with your SonicCare toothbrush.
- Do not scrub your teeth while using your SonicCare as this can cause recession.

WATERPIK

- Use your WaterPik 1-2 times daily.
- Point the tip of the WaterPik towards the gum line along all your teeth to ensure that it cleans deep within the gum tissues.
- If your WaterPik has a water reservoir, you may add a small amount of mouthwash to the water reservoir.
 - Always be sure there is more water than mouthwash in the water reservoir.

CLINPRO

- Use as your normal toothpaste to brush 2 times a day.
- Use a pea sized amount.
- Do not use other toothpastes while using Clinpro as this will decrease the effects of its sensitivity relief.

PERIDEX

- Swish with 1 capful (15mL) 2 times daily and spit out.
- Wait 30 minutes to rinse with water, use other mouthwashes, brush teeth, or eat after using Peridex.
- Only use Peridex for 2 weeks, even if you have not used the whole bottle.
 - Peridex should not be used for long periods of time because it can cause taste alteration, excessive staining, and increased calculus build up.
- Store at room temperature.

RE-EVALUATION

- We will see you back in a month to re-evaluate your gums and see how they are healing after your gum therapy appointment.

PERIODONTAL MAINTENANCE

- These appointments help maintain and improve your gum health. Your hygienist will continue to monitor your oral health and remove plaque/calculus that has built up since your gum therapy appointment.
- It is important to come in every 3 months to ensure that your gum disease does not become active again.
 - Different length intervals will be decided between you and your hygienist based on your healing and home care.
- You will not need to be numb for these appointments.

